

# Northwest Pool

2925 Apollo Way • 334-2203

Indoor 25 yard pool featuring 8 lanes and a teaching pool

Program	Dates	Times	Days	Fee
Public Swim	ongoing	7:30 - 9 pm	Tue & Thu	\$5 Adult \$3 Youth \$2 Child/Senior Passes also available.
		1 - 4 pm	Sun	
Lap Swim	ongoing	7 - 9 am	Mon - Fri	
		11:30 am - 1:30 pm		
		6:30 - 7:30 pm		
		12 - 1 pm	Sun	
Water Fitness	See water fitness schedule for specific dates.	9 - 10 am	Mon, Wed, Fri Tue & Thu	\$6 Adult \$5 Seniors or pay by session
Adaptive Water Fitness		10 - 11 am	Mon, Wed, Fri	
Water Babies (6 months - 2 years old)	See lessons schedule for specific dates.	6:15 - 6:45 pm	Tue & Thu	\$42 per session
Tiny Tots (3 - 5 years old)	See lessons schedule for specific dates.	1:30-2 pm	Tue & Thu	
		6:15 - 6:45 pm	Mon & Wed	
Learn to Swim (6 - 17 years old)	See lessons schedule for specific dates.	1:30 - 2:15 pm	Tue & Thu	
		7:15 - 8 pm	Mon & Wed	
Kayak Roll Sessions	ongoing	8 - 9:30 pm	Mon	\$5 Adult \$3 Youth/Senior
Private/Semi-Private Lessons	Call 334-2203 for more information			\$30 for 1 Child
				\$55 for 2-5 Children
Private Pool Rental	Call 334-2203 for more information			\$70 per hour

This schedule runs September 15, 2015 - June 9, 2016.

## Swim Lessons

**Water Babies:** This Parent-Assisted program helps small children (6 months to 3 years old) become accustomed to the water while in the familiar hands of mom or dad.

<b>Northwest Pool</b>		
<b>6:15 - 6:45pm -- Tue &amp; Thu</b>		
<u>Dates</u>	<u>Course</u>	<u>Fee</u>
October 6 - 22	170079	\$42
November 3 - 19	170080	\$42
December 1 - 17	170081	\$42
January 5 - 21		\$42
February 2 - 18		\$42
March 1 - 17		\$42
March 29 - April 14		\$42
April 26 - May 12		\$42

**Tiny Tots:** Certified American Red Cross instruction begins with basic physical and mental adjustment to the water. Participants are taught basic safety and swim readiness skills using play as the primary form of teaching. This class does not teach children to be accomplished swimmers, but helps to develop a comfort level in the water and establish the basic building blocks for future instruction. Participants are 3 – 5 years old. 5 students per instructor.

<b>Northwest Pool</b>		
<b>1:30 - 2 pm -- Tue &amp; Thu</b>		
<u>Dates</u>	<u>Course</u>	<u>Fee</u>
October 6 - 22	170082	\$42
November 3 - 19	170083	\$42
December 1 - 17	170084	\$42
January 5 - 21		\$42
February 2 - 18		\$42
March 1 - 17		\$42
March 29 - April 14		\$42
April 26 - May 12		\$42

<b>Northwest Pool</b>		
<b>6:15 - 6:45 pm -- Mon &amp; Wed</b>		
<u>Dates</u>	<u>Course</u>	<u>Fee</u>
October 5 - 21	170085	\$42
November 2 - 18	170086	\$42
November 30 - Dec 16	170087	\$42
January 4 - 20		\$42
February 1 - 17		\$42
February 29 - March 16		\$42
March 28 - April 13		\$42
April 25 - May 11		\$42

**Learn to Swim:** Students will be introduced to the fundamentals and techniques of the front and back crawl, unsupported movement, under water exploration, compact diving and stroke development. Advanced students will refine the strokes and skills presented in previous lessons. This course is broken out into six levels of progressive instruction, and is geared for students 6 years and up, with a 10 student per instructor ratio.

<b>Northwest Pool</b>		
<b>7:15 - 8 pm -- Mon &amp; Wed</b>		
<u>Dates</u>	<u>Course</u>	<u>Fee</u>
October 5 - 21	170091	\$42
November 2 - 18	170092	\$42
November 30 - Dec 16	170093	\$42
January 4 - 20		\$42
February 1 - 17		\$42
February 29 - March 16		\$42
March 28 - April 13		\$42
April 25 - May 11		\$42

<b>Northwest Pool</b>		
<b>1:30 - 2:15 pm -- Tue &amp; Thu</b>		
<u>Dates</u>	<u>Course</u>	<u>Fee</u>
October 6 - 22	170088	\$42
November 3 - 19	170089	\$42
December 1 - 17	170090	\$42
January 5 - 21		\$42
February 2 - 18		\$42
March 1 - 17		\$42
March 29 - April 14		\$42
April 26 - May 12		\$42

## Water Fitness Classes Northwest Pool

Northwest Pool			
Mon, Wed & Fri -- 9 - 10 am			
Dates	Course	Adult	Senior
September 14 - Oct 2	170058	\$27	\$22.50
October 5 - 30	170061	\$36	\$30
November 2 - 25	170062	\$36	\$30
November 30 - Dec 23	170063	\$33	\$27.50
December 28 - January 22 *	170064	\$33	\$27.50
January 25 - February 19		\$36	\$30
February 22 - March 18		\$36	\$30
March 21 - April 15		\$36	\$30
April 18 - May 13		\$36	\$30
May 16 - June 10		\$36	\$30

Northwest Pool			
Tue & Thu -- 9 - 10 am			
Dates	Course	Adult	Senior
September 15 - Oct 1	170069	\$18	\$15
October 6 - 29	170070	\$24	\$20
November 3 - 24*	170071	\$21	\$17.50
December 1 - 24	170072	\$24	\$20
December 29 - January 21	170073	\$24	\$20
January 26 - February 18		\$24	\$20
February 23 - March 17		\$24	\$20
March 22 - April 14		\$24	\$20
April 19 - May 12		\$24	\$20
May 17 - June 9		\$24	\$20

\*Class will not be held November 26 & 27, December 25, and January 1

## Adaptive Water Fitness Classes Northwest Pool

Northwest Pool			
Mon, Wed & Fri -- 10 - 11 am			
Dates	Course	Adult	Senior
September 14 - Oct 2	170074	\$27	\$22.50
October 5 - 30	170075	\$36	\$30
November 2 - 27	170076	\$36	\$30
November 30 - Dec 23*	170077	\$33	\$27.50
December 28 - January 22 *	170078	\$33	\$27.50
January 25 - February 19		\$36	\$30
February 22 - March 18		\$36	\$30
March 21 - April 15		\$36	\$30
April 18 - May 13		\$36	\$30
May 16 - June 10		\$36	\$30

\*Class will not be held November 26 & 27, December 25, and January 1